

Training Effect Group Report

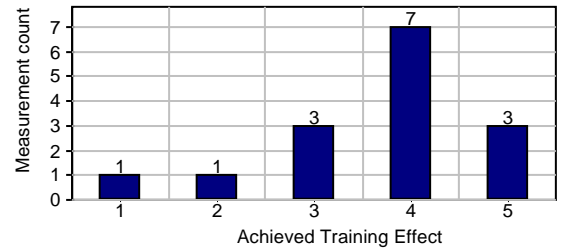
Group name: Firstbeatin liikuntatunti

Group information

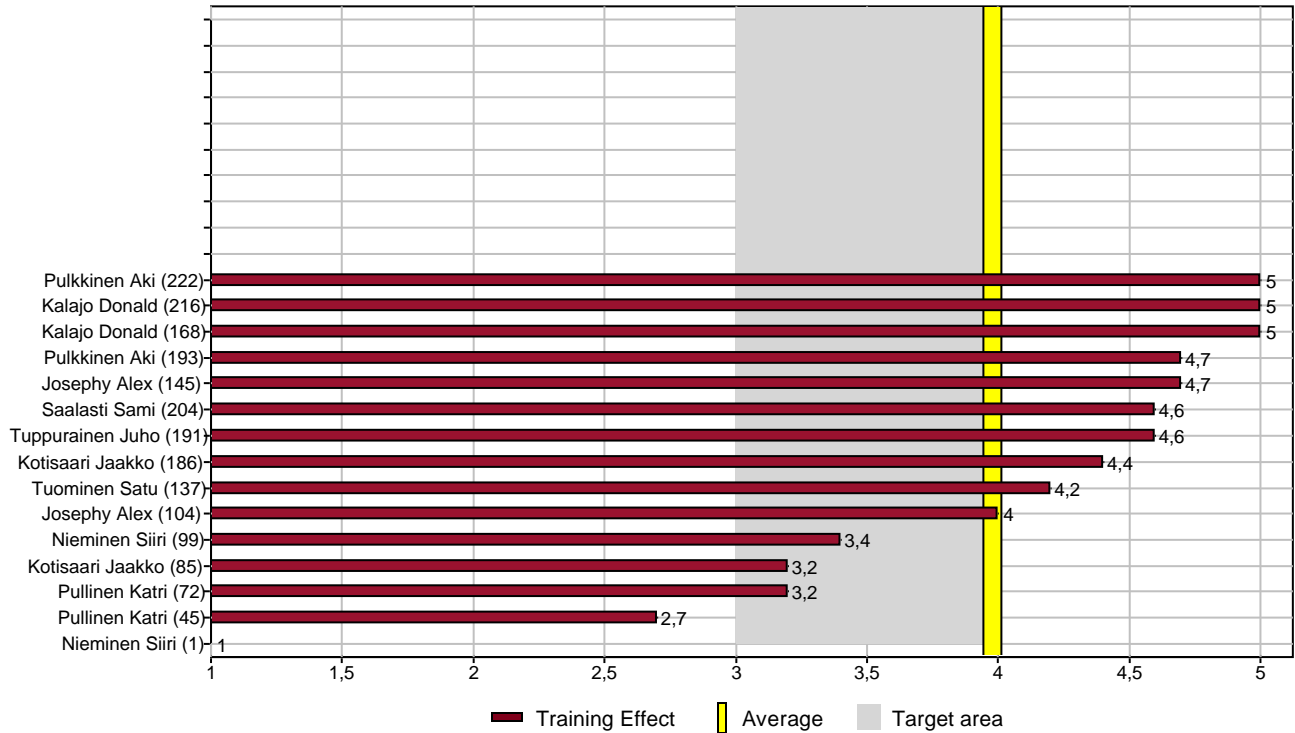
Group size 9 (f:3, m:6)
 Age average 27,5 (22 - 34)
 BMI average 23,8 (21,5 - 25,5)
 METmax average 14,1 (11,4 - 18)
 Activity class average 6,4 (5 - 7,5)

Measurement information

Measurement count 15
 Measurement length average 01:09:26
 Measurement lengths 00:40:19 - 02:19:03



Training Effect Distribution



Training Effects' distribution and average. Darkened area displays the set exercise target area. The figure after the person's name indicates the achieved EPOC-level.



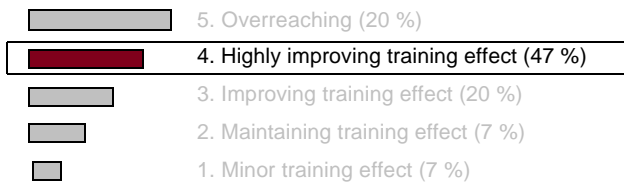
EPOC

EPOC (Excess Post-exercise Oxygen Consumption) is a physiological measure of training load. EPOC peak is the general disturbance to homeostasis brought on by exercise.

Training Effect

Training Effect is a measure of the fitness effects that the exercise is having to respiratoral and vascular organs.

Training Effect (1-5)



Training Effect's mode is highlighted. Figure after Training Effects description shows the groups proportional Training Effect distribution.

Statistics

Name	Measurement duration	Endurance Training Classification					Heart Rate		Oxygen Consumption ml/kg/min (%VO2max)	
		Type 1	Type 2	Type 3	Type 4	Type 5	Average	Range	Average	Maximum
Pulkkinen Aki	1h 9min			6 min	29 min	23 min	152	69 - 182	41 (65%)	55 (88%)
Kalajo Donald	1h 41min			2 min	18 min	33 min	135	77 - 187	21 (45%)	42 (90%)
Kalajo Donald	1h 26min			5 min	11 min	30 min	135	66 - 190	21 (45%)	42 (91%)
Pulkkinen Aki	58 min			4 min	15 min	29 min	159	83 - 189	43 (68%)	60 (95%)
Josephy Alex	1h 2min			3 min	29 min	19 min	148	71 - 183	31 (61%)	43 (85%)
Saalasti Sami	2h 19min			10 min	10 min	32 min	114	60 - 195	18 (35%)	48 (96%)
Tuppurainen Juho	59 min			3 min	18 min	33 min	143	101 - 166	35 (69%)	45 (88%)
Kotisaari Jaakko	1h 1min			5 min	28 min	16 min	134	39 - 163	33 (63%)	45 (86%)
Tuominen Satu	53 min						142	100 - 185	24 (55%)	43 (98%)
Josephy Alex	1h			3 min	19 min	22 min	145	72 - 181	29 (56%)	43 (84%)
Nieminen Siiri	57 min			8 min	22 min	16 min	145	92 - 174	24 (57%)	35 (82%)
Kotisaari Jaakko	1h 1min			5 min	18 min	11 min	123	67 - 165	26 (49%)	46 (87%)
Pullinen Katri	1h 1min			5 min	30 min	6 min	135	67 - 166	20 (50%)	31 (78%)
Pullinen Katri	1h 7min			14 min	33 min	0 min	129	63 - 161	18 (44%)	30 (75%)
Nieminen Siiri	40 min			0 min	0 min	0 min	67	55 - 92	4 (10%)	9 (21%)
Average		0 min	0 min	5 min	18 min	18 min	134	72 - 172	26 (52%)	41 (83%)

Endurance training classification types are measurement specific.

Set Training Effect target area